



For more than 90 years, the Tennessee Department of Health has been helping mothers and their babies. To make sure your new baby is healthy and gets off to a good start, we strongly recommend breastfeeding.

LOS ALIMENTOS DE WIC PARA SU BEBÉ (NACIMIENTO HASTA LOS 11 MESES)

Sus Alimentos de WIC:

- Tiene una mayor selección de alimentos
- Ofrece una variedad de frutas y vegetales
- Ayuda a mejorar la salud de su familia
- Sigue las recomendaciones de las Guías Dietéticas y las de MiPlato



Los alimentos que va a recibir en su paquete:

GRANOS	FRUTAS y VEGETALES	LECHE	PROTEÍNA
<p>Todos los bebés a los 6 meses: 3 cajas de 8 onzas de cereal para infants</p>	<p>Amamantando exclusivamente a los 6 meses: 64 frascos o envases de 3.5 a 4 onzas de frutas y vegetales para bebés ("Stage 2" ó "2nd Stage" solamente) ó 36 empaques de dos envases ("twin packs")</p> <p>Amamantando parcialmente y alimentando con toda la fórmula infantil a los 6 meses: 32 frascos o envases de 3.5 a 4 onzas de frutas y vegetales para bebés ("Stage 2" ó "2nd Stage" solamente) ó 18 empaques de dos envases ("twin packs")</p>	<p>Amamantando exclusivamente a los 6 meses: ¡La leche materna!</p> <p>Amamantando parcialmente al bebé: La leche materna y la fórmula infantil para suplementar las necesidades del bebé</p> <p>Bebés alimentados con fórmula infantil: Los números de latas depende si son en polvo o concentradas y en la edad del infant</p>	<p>Amamantando exclusivamente a los 6 meses: 31 frascos de 2.5 onzas de comidas de carne para bebés 1 envase de 16 a 18 onzas de crema de cacahuate/maní</p>

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salud



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WIC FOODS FOR YOUR INFANT (BIRTH THROUGH 11 MONTHS)

Your WIC Foods:

- Increase your choice of food • Offer a variety of fruits and vegetables
- Help improve your family's health • Follow the Dietary Guidelines and MyPlate recommendations



What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
<p>All infants at 6 months: 3 - 8 oz boxes of infant cereal</p>	<p>Fully breastfeeding infants at 6 months: 64 - 3.5oz-4oz containers infant fruits & vegetables (Stage 2 or 2nd Stage foods only) or 36 twin packs</p> <p>Partially breastfed and fully formula fed infants at 6 months: 32 - 3.5oz-4oz containers of infant fruits & vegetables (Stage 2 or 2nd Stage foods only) or 18 twin packs</p>	<p>Fully breastfed infants: Mom's breastmilk!</p> <p>Partially breastfed infants: Mom's breastmilk and Infant formula in amounts to supplement your baby's needs</p> <p>Formula fed infants: Number of cans will depend on powder or concentrate, and age of infant</p>	<p>Fully breastfed infants at 6 months: 31 - 2.5 oz jars of baby food meat</p>

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